Indiana CTE

Nutrition and Wellness (2014)

Personal, Academic, and Career Success	**Core Standard 1**	**Integrate processes of thinking, communication, leadership, and management in order to apply knowledge and skills for nutrition, food, and wellness.** 1 Demonstrate components of critical thinking, creative thinking, and reasoning NW-1.1 2 Evaluate effective communication processes in school, family, career, and community settings NW-1.2 3 Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members NW-1.3 4 Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities NW-1.4 5 Examine the interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues NW-1.5 6 Demonstrate fundamentals to career success (e.g. strong work ethic, goal setting, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment) NW-1.6 7 Demonstrate etiquette skills for business and social situations NW-1.7 8 Apply knowledge gained through research to solve problems and communicate ideas in the fields of food, fitness, nutrition, and wellness NW-1.8
– Nutrition Principles and Applications	**Code Standard 2**	**Apply nutrition principles to health and wellness choices across the life span.** 1 Analyze food and nutrition information, including USDA Dietary guidelines and MY Plate, to meet nutrition and wellness goals across the lifespan NW-2.1 2 Demonstrate proper portion sizes from each of the food groups to meet nutrition and wellness needs of individuals across the lifespan NW-2.2

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		3 Describe the six classes/groups of nutrients, explain their functions to meet health and nutrition requirements of individuals and families, and classify food sources NW-2.3 4 Compare food label information to make health and wellness choices NW-2.4 5 Analyze and assess wellness goals across the lifespan, particularly for teenagers (e.g., food fads and fallacies, extreme procedures for weight management, sports supplements, nutritional supplements) NW-2.5
Influences on Nutrition and Wellness	**Core Standard 3**	**Analyze factors that influence nutrition and wellness practices.** 1 Assess physical, emotional, social, intellectual, cultural, and ethnic components of individual and family wellness NW-3.1 2 Explain how geographical location and climate location affects food selection and availability NW-3.2 3 Examine how economic factors affect food selection and availability NW-3.3 4 Identify legislation and regulations related to food, nutrition, and wellness issues NW-3.4 5 Evaluate the nutritive value and costs of snacks, fast foods, and balanced meals NW-3.5
– Food Preparation, Safety, and Handling	**Core Standard 4**	**Demonstrate abilities to prepare and serve safe, nutritious foods.** 1 Define and explain food borne illness and demonstrate how to prevent them by applying the concepts of “clean, separate, cook, and chill” NW-4.1 2 Demonstrate basic abilities to safely use and maintain equipment within a kitchen setting, including large and small appliances, small kitchen tools, measuring tools, and knives NW-4.2 3 Demonstrate abilities to prepare nutritious foods using a variety of basic methods and techniques NW-4.3 4 Apply basic principles of resource management when planning, preparing, and serving nutritious food, including food costs and availability, work plans and timetables, efficient work methods, and collaboration with others NW-4.4 5 Demonstrate abilities to increase and decrease recipe measurements based on desired yield NW-4.5
Science, Technology, and Careers in Nutrition an	**Core Standard 5**	**Analyze impacts of science, technology, and careers on nutrition and wellness**

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1. Discuss current technology and techniques used to develop, produce, process, and store foods and their impacts on food safety, nutrition, and wellness (e.g., organic, holistic, genetics, hormones) NW-5.1
2. Explore technological tools and advancements used to track nutrition and wellness goals and progress NW-5.2
3. Examine developments and trends in food marketing, and their impacts on family and consumer choices NW-5.3
4. Discuss trends, employment opportunities, and preparation requirements for careers related to nutrition, food, and wellness NW-5.4